K. Douglas (E.) Countess of Morton

# THE Countess of *MORTON*'s DAILY EXERCISE; OR A BOOK OF PRAIERS, AND RULES How to spend the Time in the Service and Pleasure of Almighty God.

*LONDON*, Printed for *R. Royston*, Bookseller to His most Sacred MAJESTY. 1666.

BRITISH MUSEUM

To

The Right Honourable,

The Lady

# ANNE

Countefs of

MARESHALL,

And

To the Pious Memory of

Her Excellent Mother,

The Lady *ANNE*

Late Countefs of

MORTON,

*By whofe earneft defire and Religious care this BOOK was framed, and made her devout*

*Exercise whilst she lived, recommending the Transcript and Use thereof to many others: And particularly to her who now publisheth and presenteth it to the Religious and private use of all Devout Persons, according to the desire of the Honourable* LADY, *to whom it is here Dedicated,*

By

*Her Ladiship's*

*most humble servant,*

10 AP60

M. G.

I *Have perused this Book, and finding nothing in it but what may tend to the increase of private Devotion and Piety, I recommend it to my Lord the Bishop of* London *for his License to have it Printed.*

Jo. Duresme.

Imprimatur,

*Tho: Grigg*, R. P. D. *Humfr.* Ep. *Lond.* à sac. dom.

Ex ædibus *Lond.* *Mart.*28.1665.

PSAL. 55. 18.

In the Morning and Evening and at Noon-day will I Pray, and that instantly, and he shall hear my voice.

# PRAIERS
## IN THE
# MORNING.

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## *In the Morning.*

### At Uprising.

*EVery Day, let the first thing you do, and the first word you speak, tend to the worship and acknowledgment of Almighty God.*

*For upon our first thoughts commonly the thoughts and actions of the whole Day do depend: Therefore when you first awake in the Morning, lift up your heart to God, and say,*

I.

BLeſſed be the moſt Holy, Glorious, and Undivided Trinity now and for evermore.

II.

Bleſſed art thou, O Lord, who inlightneſt mine eyes, and ſuffereſt me not to ſleep in death.

III.

Bleſſed art thou, for thou haſt created all things, and for thy Will's ſake they are and were created.

IV.

The Almighty Lord be now and evermore my

ny defence, and vouchsafe to bleſs and preſerve me from all evil this day and for ever. *Amen.*

When you are riſen,

*Retire your ſelf, and humbly kneeling, adore God, and ſay,*

O Holy Lord God Almighty, before whom all knees do bend, and to whom all creatures in heaven and earth do bow and obey; behold here I proſtrate

ſtrate my ſelf before thee, adoring the divine Excellency of thy ſovereign and infinite Majeſty, with all the powers of my Soul, ſubmitting my ſelf with all lowlineſs and reverence to the Greatneſs of thy Dominion and Power, and deſiring nothing more then faithfully to ſerve thee all the days of my Life; for thou art onely holy, thou onely art the Lord: and glory be to thee, O Lord, moſt High. *Amen.*

*Having*

*Having thus made your Adoration and ſubmiſſion to God, let theſe be your Prayers and Devotions every Morning.*

OUr Father which art in Heaven, Hallowed be thy Name. Thy Kingdom come, Thy will be done in earth as it is in heaven. Give us this day our daily bread. And forgive us our Treſpaſſes, as we forgive them that treſpaſs againſt us. And lead us not into temptation;

tion: But deliver us from evil. For thine is the Kingdom, and the Power, and the Glory, for ever and ever. *Amen.*

## *A Confession of sins, and Prayer for Pardon.*

I.

ALmighty God, unto whom all hearts be open, all desires known, and from whom no secrets are hid, I come unto thee in the multitude of thy mercies, and in thy fear do

I caſt my ſelf down before thee, moſt humbly lamenting my ſins, and craving of thee, the God of all mercy and goodneſs, perfect remiſsion and forgiveneſs, through Jeſus Chriſt our Lord. *Amen.*

II.

O Thou Maker of all things, and Judge of all men, I acknowledge and bewail the many and manifold ſins which from time to time I have moſt grievouſly committed, by my thoughts, words and deeds,

deeds, againſt thy moſt holy Commandments, provoking thereby moſt juſtly thy wrath and indignation againſt me. I do earneſtly repent, and am heartily ſorry for theſe my miſdoings. O rebuke me not in thine indignation, neither chaſten me in thy heavy diſpleaſure, but have mercy upon me for thy Goodneſs; have mercy upon me, and forgive me all that is paſt: and grant that I may always ſtudy to ſerve thee, and pleaſe thee hereafter

hereafter in all godlineſs and pureneſs of life, to the Honour and Glory of thy bleſſed Name, through Chriſt our Lord. *Amen.*

## *The Pſalm.*

THe Lord is loving unto every man, and his mercy is over all his works.

He forgiveth us all our ſins, and hath compaſsion upon all our infirmities.

His loving kindneſs is better then life it ſelf, and

and therefore ſhall my ſoul praiſe him.

Bleſſed art thou, O Lord, who wilt not caſt out my prayer, nor turn away thy mercy from me.

As long as I live will I magnifie thee on this manner, and lift up my hands in thy Name.

*Glory be to the Father, and to the Son, and to the holy Ghoſt.*

*As it was in the beginning, &c.*

The Leſſon.

*TAke heed that ye walk circumſpectly, redeeming the time becauſe the days are evil. Be fervent in good works, and ſerve the Lord with all gladneſs of heart. Be patient in tribulation, and continue inſtant in prayer. Be courteous and meek, and, as much as lieth in you, live peaceably with all men: And whatſoever ye would that others ſhould do unto you, do ſo to them; for this is the Law and the Prophets.*

The

*The Hymn.*

VOuchſafe, O Lord,
To keep me this
day without ſin.
To ſhut and cloſe my
wandring Eye,
Leſt it let in Vanity.
To keep my Heart as
pure and free
From fond and trou-
bled Fantaſie;
To guide my Tongue,
ſo that no ſtrife
May breed diſquiet
in my Life;
To keep all harm, all
Ill away,

While

*In the Morning.*

While I duly ſpend
the day.

*Or this.*

O Holy Ghoſt, my
Soul inſpire,
And lighten with Ce-
leſtial Fire.
Thy bleſſed Unction
from above
Is Comfort, Life, and
fire of Love.
Anoint and clear my
ſoiled face
With the abundance
of thy Grace.
Be thou my joy, my
reſt, my home;
Where

Where thou art ſo, no
ill can come.
Teach me to know
the Father, Son,
And Thee of Both to
be but One:
That day by day all
my life long
This may be my end-
leſs Song;
To Thee all Honour,
Praiſe, and Merit,
Father, Son, and Ho-
ly Spirit. *Amen.*

*In the Morning.*

# A Devout Confession of our Christian and Catholick Faith.

*With Explications and Prayers relating thereunto.*

I. I *Believe in thee, O God the Father Almighty, Maker of Heaven and Earth*; loving thee as my *Father*, reverenceing thee as the *Almighty*, and committing my Soul and my Body to thee as to a faithful

*Creator.* Thou art worthy, O Lord, to receive Glory, Honour and Power; for thou haſt *created* all things, and for thy Will's ſake they are and were *created.*

II. *I believe in* Thee, O Thou King of Glory, *the everlaſting Son of God the Father,* and *our Lord Jeſus Chriſt,* the Great Myſtery of Godlineſs, God manifeſt in the fleſh, and ſent into this world for our eternal Salvation in the world to come.

III. *I believe that thou waſt*

*waſt conceived by the Holy Ghoſt, and born of the Bleſſed Virgin Mary* without ſpot of ſin, whereby to cleanſe us from all ſin.

IV. I believe that thou didſt *ſuffer* what otherwiſe we muſt have Suffered for ever. That thou waſt *Crucified*, to ſet us free from the Curſe of the Law.

That Thou didſt *Die*, and thereby take away the ſting of Death.

That thou waſt *buried* in the Grave, and hadſt the Victory over it, to aſſure us that our Bodies

ſhall not corrupt there for ever.

V. I believe that thou didſt *deſcend into Hell*, to trumph over it, and to free us from the fear of ever coming into that Place.

That the *third day* thou didſt *riſe again from the dead* in our Nature, the Firſt-fruits of them that are Aſleep in their Graves, who are thereby aſſured that they alſo ſhall not ſleep there for ever.

VI. I believe that Thou didſt *aſcend up into Heaven*,

*ven*, there to prepare a place for us.

That Thou now *ſitteſt at the right hand of God, the Father Almighty*, there to make Interceſſion for us, our only Advocate with the Father.

VII. I believe that thence thou *ſhalt come* to receive us, and *to be the Judge of the Quick and the Dead*, after which thy Kingdome ſhall have no end.

*All this* I ſteadfaſtly *believe* of thee, O my *Bleſſed Saviour*, beſeeching thee to give me

Grace, that I may be made conformable to thy *Image*, in Faith to Thy *Conception*, in Humility to Thy *Birth*, in Sympathy to Thy *Passion*, and in Mortifying my Sins to thy *Death* and *Burial*: To thy *Descent into Hell*, by frequent Meditation thereof; and to thy *Resurrection*, by my Rising from Sin to Newness of life: To thine *Ascension*, by seeking after those things which be Above; and to thy *coming to judgment*, by Judging my self here, that I may not

be

be there condemned with the World.

VIII. *I believe* also in thee, *O Holy Spirit*, the Lord and Giver of Life, the Infuser of all heavenly Graces, and the Leader of thy Church in all the ways of Truth and Holiness.

IX. I believe therefore *the holy Catholick Church*, the Mystical Body of *Christ*, whereof *He* is the only *Head.*

I believe *the Communion of Saints*, being joyned together in Faith, Hope and Charity, and mutu-

ally participating of one anothers Praiers.

X. I believe *the Remiſſion of Sins* in this world, given and ſealed to Us by the ſacred Ordinances of God.

XI. I believe *the Reſurrection of our bodies* at the end of the World, to be united to our Souls.

XII. And I believe *the Life Eternal* in the World to come, where We ſhall be in happineſs with *Chriſt* for ever. *Amen.*

## *Prayers.*

I.

ALmighty God, who of Thy Goodneſs haſt defended me from the perils of this Night, and ſafely brought me to the beginning of this Day, preſerve me in the ſame, I moſt humbly beſeech Thee, by thy mighty power, from all ſin and danger, through *Jeſus Chriſt* our Lord. *Amen.*

II.

ALmighty and everliving God, vouch-

ſafe, I beſeech Thee, to direct, ſanctifie and govern both my Soul and Body in the ways of thy Laws, and in the Works of thy Commandments; that through thy moſt gracious protection I may be preſerved from all Evil both this day and for ever, through *Jeſus Chriſt* our Lord. *Amen.*

III.

POſſeſs my mind, O Lord, continually with thy preſence, and make me to have a perpetual fear and love of Thy

Thy Holy Name, teaching me to do those things that may be pleasing to Thee, and profitable to my Salvation, through *Jesus Christ* our Lord.

*Amen.*

IV.

LEad me forth O Lord, in thy Truth, and Learn me; for Thou art the God of my Salvation, and in Thee shall be my hope all the day long.

*Amen.*

V.

TO Thee, O King Eternal, be all Glory and Honor now and for ever. *Amen.*

*Conclude your Praiers with a Remembrance of all your Friends, and of all them that belong unto you, saying,*

INto thy Blessed Hands and protection, O Lord, I commend my Spirit, Soul and Body, together with all Them whom thou hast graciously given unto me, and to Whom I do any way relate: Preserve them, O Lord, in thy favour and fear, increasing and multiplying thy Blessings upon them, and forgiving

giving them their ſins; keep them in perpetual Peace and Safety, for the love of thy only Son *Jeſus Chriſt* our Lord. *Amen.*

*And ask Pardon for all the Diſtractions and Irreverences committed by you in his Divine Preſence during this time that you have ſpoken to Him.*

# A BRIEF LITANY OF PRAIERS FOR EVERY DAY.

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*A brief Litany for every Day.*

O Most Blessed, Undivided and Glorious Trinity, one Eternal God,

*Have mercy upon me.*

Call to remembrance, O Lord, Thy tender Mercies which have been ever of old; and remember not my offences, nor the offences of our Fore-fathers, but after thy great goodness have mercy and spare me whom thy Son our Lord hath redeemed with his most precious bloud,

*Have*

*Have mercy upon me and ſpare me, O Lord.*

From all Evil and Miſchief, from Pride and Vain-glory, and from all the deceits of the World, the Fleſh, and the Devil.

*Good Lord, deliver me.*

From all Perils and Dangers, both of my Soul and Body, from extremity of Sickneſs, and from ſudden Death,

*Good Lord, deliver me.*

By thy manifold and great Mercies, by the Mercies of our Bleſſed *Saviour*, by his bitter Croſs and Paſſion, by his

his mighty Reſurrection, by his moſt glorious Aſcenſion, and by his moſt effectual and acceptable Interceſsion,

*Good Lord, deliver me.*

In all time of Tribulation and Adverſity, in the time of my laſt and greateſt Need, in the Hour of Death, and at the Day of Judgment,

*Good Lord, deliver me.*

Deliver me, O Lord, as Thou haſt delivered all Thy Bleſſed Saints and Servants, from the guilt and burthen of my ſins, and from Thy Wrath and

and everlasting Indignation.

*Good Lord, I beseech thee to hear me.*

That it may please thee to preserve me in thy Faith, Fear and Love, and that I may evermore have affiance in thy Mercy, and ever study to serve thee in Holiness and Purity of life.

*Good Lord, I beseech thee to hear me.*

That it may please thee daily to increase in me thy manifold Gifts of Grace, and that I may

bring

bring forth the fruits of the Spirit, and ever ſeek thy Honour and Glory.

*Good Lord, I beſeech thee to hear me.*

That it may pleaſe thee to have mercy upon all Men.

*Good Lord, I beſeech thee to hear me.*

That it may pleaſe thee to ſave and preſerve our moſt Gracious King, and All his Royal Family.

*Good Lord, I beſeech thee to hear mee.*

That it may pleaſe thee to reduce them that have gone aſtray from thy

thy ways, to comfort them that are in sorrow, to relieve them that are in need and tribulation, and to amend All our lives according to thy Holy Word,

*Good Lord, I beseech thee to hear me.*

O *Lord God*, Lamb of God, Son of the Father, that takest away the sins of the World,

*Have mercy upon me, and grant me thy Peace. Amen.*

# RULES
AND
# PRAIERE
FOR THE
# AFTER-NOON.

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## Rules and Advertisements how to imploy your time.

I.

*PAss the Day in such Imployments as may be most meet and agreeable to that condition of life wherein God hath placed you.*

II.

*Come not to the place where sin dwells, and avoid all corrupt Company whereto it resorts. Religion hath no greater enemy then conversing with such, of*

*whom your heart telleth you that there is neither Faith nor Fear of God in them.*

III.

*Be careful to demean your ſelf affably and peaceably towards All thoſe with whom you ſhall have juſt occaſion to converſe.*

IV.

*Let not either your Actions or your Diſcourſes be vain and frivolous, but tending either to improve your Judgment, or to better your Affections.*

V.

*If you have the Government of a Family, take ſpecial heed that they live not diſorderly or idlely, to the offence of Almighty God, and the ſcandal of others.*

VI.

*And forget not (as often as you can) to be preſent and to aſſiſt at the publick Offices and Divine Services of the Church, there to attend and perform the Homage and Worſhip of Almighty God, and to be inſtructed in his*

*holy Word: for that is a Duty and Service moſt highly pleaſing to him.*

VII.

*Remember (and you will much help your ſelf, if you remember it) that you are continually in the preſence of God, and ought to live continually in his Fear and in obedience to his Commandments.*

VIII.

*Upon all occaſions offered to you exerciſe your Charity, and let not the day paſs you without*

*out ſome good work done by you, either of real Honour to God, or of real Charity to them that want it.*

## After-Noon.

*After Noon retire your ſelf a while, and uſe the* Pſalm, Leſſon, Hymn *and* Praiers *following.*

UNto thee I lift up mine eyes, O thou that dwelleſt in the Heavens: my Soul waiteth ſtill upon thee, that thou maieſt bleſs me.

O hearken thou unto the voice of my calling, my King and my God, for unto thee do I make my Praiers.

Shew thou me the way that I ſhould walk in, and teach me to do the thing that pleaſeth thee.

I will take heed to my ways, that I offend not in my tongue; and I will make a covenant with mine eyes that they behold not vanity.

O let not my foot-ſteps erre from the path of thy commandments.

But

But let my delight be in walking after the precepts of thy Law.

Thy Law is an undefiled Law, converting the Soul, and giveth light unto the eyes.

Keep thy ſervant from all preſumptuous ſins, that they may not get the dominion over me, and cleanſe thou me from all my ſecret faults.

That ſo I may be acceptable in thy ſight, O Lord, my Strength and my Redeemer.

Glory be to the Father——

## The Lesson.

*IF sinners entice thee, do not thou consent unto them. These things doth the Lord abhor: a proud look and a lying tongue, an heart that deviseth wickedness and mischief, a false witness that speaketh not the truth, and whosoever soweth discord among others. In the multitude of words there will be sin. Keep innocency, and do the thing that is right, for that will bring a man peace at the*

*the laſt. Let the ſame mind be in you that was in Chriſt* Jeſus, *and confeſs Him to be the Lord, who was obedient to the Death of the Croſs for the redemption of Mankind, unto the Praiſe and Glory of God the Father.*

*The Hymn.*

WHo more can crave then God for me hath done,
To free a Slave
That gave his only Son?
Bleſs'd be that Hour
When he repair'd our loſs

I never will
Forget my Saviour's
Croſs.

*The Praiers.*

I.

O God, who knoweſt the Frailties and Infirmities of my weak Nature, and in the midſt of how many Dangers I live, being continually ſubject to the Deceits of the World, the Fleſh and the Devil, and having no Power of my ſelf to help my ſelf, mercifully look upon me; And becauſe

I cannot continue in ſafety without thy Succour, preſerve me evermore by thy Help and Goodneſs, and keep me both outwardly in my Body and inwardly in my Soul; that among the ſundry and manifold Dangers of this World, my Heart may be ſet to attain everlaſting Salvation, and my Affections may ſurely there be fixed where true Joys are to be found, through *Jeſus Chriſt* our Lord.

*Amen.*

II.

II.

O God, the ſtrength of all that truſt in Thee, mercifully accept theſe my humble Supplications and Praiers; and grant me the help of thy Grace, that I may pleaſe thee both in Will and Deed, and obtain thy Peace all the daies of my Life, through *Jeſus Chriſt* our Lord. *Amen.*

III.

ALmighty and Everliving God, I give Thee moſt humble thanks, for that Thou haſt vouchſafed favourably

bly to call me to the knowledge of thy Grace and Faith in Thee. Increaſe this Knowledg, and confirm this Faith in me evermore. Give me the Comfort of thy Holy Spirit, and multiply upon me thy manifold Gifts of Grace, the ſpirit of Wiſdom and Underſtanding, the ſpirit of Counſel and ghoſtly Strength, the ſpirit of Knowledge and true Godlineſs, and fulfil me, O Lord, with the ſpirit of thy holy Fear, through *Chriſt* our Lord. *Amen.*

## Rules and Advertisements.

*I.*

*After this you may pass the rest of the Day in what lawfull Recreations or Imployments you judge to be meet for you.*

*II.*

*Spend some while before Night in Reading, and read with attention: But let your Books be chosen with advice and care, for your*

*your Inſtruction and Knowledge in all good things, and ſpecially for your Spiritual Benefit.*

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# PRAIERS
## AT
# NIGHT
## AND
## BED-TIME.

*Retire your ſelf again;*

*AND when you have thought upon all the day paſt, how you have ſpent it, that is, what good or evil Actions you have done, and what bad Inclinations you have reſiſted or amended, asking God pardon for all your offences, uſe theſe Praiers.*

*The Pſalm and Praiers.*

LEt my Praier be ſet forth in thy ſight, O Lord, as the Incenſe;

And the lifting up of my

my hands be as an Evening Sacrifice.

In thee hath been my hope all the day long, and under the ſhadow of thy Wings ſhall be my refuge day and night for ever.

Glory be to ——

I.

O Thou brightneſs of Eternitie, by whoſe providence both the Day and the Night were created and governed, and who haſt made the outgoings of the Morning and Evening to praiſe Thee,

Thee, mercifully vouchsafe to let the Light of thy Countenance shine upon me with the blessed beams of thy goodness and Mercy, that neither the Prince of Darkness may have any power over me, nor the Works of Darkness overwhelm me; but that by thy mighty Protection I may be defended both in Body and Soul from all the perils and dangers of this night and for evermore, through *Jesus Christ* our Lord.

*Amen.*

II.

II.

MAke me to remember that the Darkneſs hideth nothing from Thee, but that to Thee the Night ſhineth as clear as the Day, to thee the Darkneſs and the Light are both alike.

III.

O Be thou merciful unto me, and bleſs me, ſhew me the light of thy Countenance and be merciful unto me.

IV.

INto thy hands I commend my ſelf, my Soul, and my Body, and all

and all that is mine; for thou haſt made and created them, and thou haſt redeemed us, O thou Lord God of mercy and truth.

V.

THou haſt Created all things, and for thy Will's ſake they are and were created.

VI.

O Send thy Light and thy Truth, that they may preſerve me, and ſave me for thy Mercie's ſake.

Lord, have mercy upon me.

Chriſt

Christ have mercy upon me.
Lord have mercy upon me.
God the Father bless me.
God the Son defend me.
God the Holy Ghost preserve me now and for evermore. *Amen.*

## Rules and Advertisements.

*After this speak not unnecessarily to any before you go to sleep. Remember that your Bed is a representation of the Grave, and Sleep an Image of Death. It behoves you not*

to

*to lie down in such a condition as you would be unwilling to be found or taken in it.*

## Bed-Time.

*Before you go into your Bed kneel down and say,*

GReat Ruler of the Day and Night,
On our Darkness cast thy Light.
To thee who dost by rest renew
My wasted strength, I humbly sue,
That when I shall unclose mine eyes,
Pure & chast I may arise,
And make my Morning Sacrifice. In

IN the Name of God I will lay me down to sleep, whom I beseech to bless and preserve me now and for ever. *Amen.*

*Being lay'd down to sleep, lift up your heart to God, and say,*

LIghten mine eyes, O thou who dwellest in Eternal Light, and have mercy upon me, that I sleep not in Death.

The Almighty Lord be now and evermore my defence against all perils & dangers of this night. *Amen.*

# FORMS

## Of

# CONFESSION

## AND

# PRAIER

## TO

## Almighty God for the Forgiveneſs of Sins.

BRITISH MUSEUM

## *A moſt devout Confeſſion and Praier for the Remiſſion of ſins.*

I.

I Have ſinned before thee, O Lord my God, and done all evil in thy ſight. I have ſinned ſins many in number, of many kinds, in many places, at many times, and often repeated: I have ſinned large and great ſins; I have ſinned hainous and preſumptuous ſins: They are become burthenſome and heavy, too heavy for me to bear, and their Cry reacheth up to Heavën.

II.

AND what fruit have I in thoſe things, whereof I am now aſhamed? My Confuſion is daily before me, and the ſhame of my face hath covered me.

III.

MOreover my Mind is troubled, and I am afraid of thy Judgments. Woe be unto me that I have done theſe things.

IV.

SEE, O Lord, how vile I am become: and what ſhall I ſay? or how

how ſhall I open my mouth? or what ſhall I anſwer, ſeeing I have committed all theſe Sins?

V.

TO whom may I fly for Succour? or who ſhall deliver me from the Body of this Death, and from the multitude of my Tranſgreſsions?

VI.

SInce I can neither ſay nor do more, I will lift up mine eyes to thee, from whence cometh all my help.

VII.

IN many things we offend all, and justly we deserve punishment; but thy Mercy triumpheth over thy Justice: and if I have known thee, O Lord, thou hast been good and gracious to them that have deserved evil.

VIII.

I Will therefore come boldly to thy Throne of Grace, that I may find Mercy in the time of need.

IX.

HEre I insist, and from the dreadful Throne

Throne of thy Juſtice, I appeal unto the ever bleſſed Throne of thy Mercy.

X.

O Suffer me not to periſh in my ſins. Lord, careſt thou not that I periſh, who wilt that all ſhould be ſaved, and that none ſhould periſh?

XI.

I Am thine, O ſave me. I am thine own Creature, the work of thine own hands, thy lowly ſervant, thine humble handmaid; O deſpiſe not Thou the work of thine own hands.

XII.

BUt I am a Sinner; And Thou O God, heareſt not Sinners.

XIII.

YEt conſider O Lord, of what I am made; Remember that I am but Fleſh and Duſt, frail and corruptible fleſh, and as the duſt before the Wind. Wilt thou break a bruiſed Reed? Wilt thou blaſt a Leaf driven to and fro? Wilt thou purſue the drie Stubble? or wilt thou hunt after a Flea? What ſhall I ſay or do unto thee, O Thou Preſerver

Preſerver of the World.

XIV.

WIlt thou be angry with thy Servant that praieth? Behold, I have heard that they ſaid in Iſrael, We will go to the King, and ſay, let our Souls live; It may be he will ſave us. Is any King more merciful than Thou? Thou ſparedſt *Ahab*, becauſe he was humble; Spare me alſo, O Lord, for I am humble before Thee.

XV.

I Cover not, I do not diſſemble, I do not

extenuate and leſſen my Sins: I freely confeſs them, I have done exceedingly amiſs, I call it often to mind, and I condemn my ſelf for it.

XVI.

SPare me, O God, and accept the Sacrifice of a broken Spirit, a contrite Heart, a troubled Mind, a wounded Conſcience, and an afflicted Soul, becauſe I have ſinned againſt Thee.

XVII.

WIlt Thou have pity upon ſome, and haſt thou made all others

XXII.

I Will not let thee go, except Thou bleſs me. *Jeſus*, thou Son of *David*, thou Son of God, have mercy on me.

XXIII.

THine Apoſtle hath not ſaid in vain, that thou cameſt into the World to ſave Sinners.

XXIV.

NOw therfore O Lord, be merciful unto me a ſinner, and hear the Praier and Supplication of thy Servant which I have made before Thee, that thy face may ſhine upon

upon me; and give me, though I be unworthy, thy Pardon and Peace.

*Amen.*

others for naught? Shall thine Enemie ſay, Thou haſt made us to kill us, or becauſe Thou hateſt us, or that Thou canſt not or wilt not ſave us?

XVIII.

FAR be this from Thee: But remember this, O Lord, how the Enemy hath reproached Thee, and how the fooliſh people have thus blaſphemed thy Name.

XIX.

FOR what ſhall then become of thy great Name, of the richneſs of thy Mercy, which is over

all

all thy Works, of the Bloud of thy Son, who died for the Sins of the World?

XX.

WHen thou canſt not for any other cauſe, yet for thy Mercies ſake, for thine abundant Mercy in Chriſt, thou haſt ſaid that Thou wilt pardon us our Sins.

XXI.

WE ſay rightly, Our Fathers truſted in Thee: They truſted in Thee and thou didſt deliver them: Deliver me alſo, for I have truſted in Thee. XXII.

# MEDITATIONS, CONFESSIONS AND PRAIERS

Before the Receiving OF THE Bleſſed SACRAMENT.

BRITISH MUSEUM

## Advertiſements

*Before you come to the Holy* Sacrament.

*I.*

*YOu are to prepare your ſelf thereunto,*

*I. By a clear and pure* Conſcience,

*II. By a clear and aſſured* Faith,

*III. By a full and perfect* Charity.

*II.*

*The day before you intend to receive the Bleſſed Sacrament, lay aſide all your thoughts of Worldly affairs, and give your ſelf to retirement;*

*III.*

III.

*Fix your thoughts ſtedfaſtly upon God's infinite Greatneſs, and your own unworthineſs to appear before Him.*

IV.

*And firſt (as Saint* Paul *hath directed you) examine your ſelf how you ſtand in the Faith, Profeſſion, and Practice of your Chriſtian Religion, both before God and the World; how you have ſpent your time, what good or evil you have done, what bad inclinations you have reſiſted and*

*and amended, and what offences you have committed either againſt God or Man.*

V.

*Prefixing this Praier to remember them, and to ask Pardon for them.*

The Praier.

O My God, I moſt humbly beſeech Thee to open the eyes of my Mind, and to cleanſe the thoughts of my Heart, that I may ſee and acknowledge my ſins and offences which I have daily committed in Thought,

Thought, Word, and Deed, against thy Divine Majesty; and that duely lamenting them I may obtain of Thee, the God of all mercy, perfect remission and forgiveness, through *Jesus Christ* my Blessed Lord and Saviour. *Amen.*

## A particular Confession of *Sins.*

### *Referring to the several Commandments of Almighty God.*

I Have sinned against the Lord my God, and I have offended against his Holy Laws, (*And*

*for the Sacrament.*

*(And whereof you shall find your Conscience guilty, accusing your self, and saying)*

I have had vain and idle Thoughts, loose, light, and evil Imaginations in many kinds; I have entertained them long; I have been negligent in chasing them from my mind; I have taken pleasure and content in them. I have been rash and offensive in my Words, wanton and corrupt in my Communications, and I have not kept my self from Vanity and

and Complacency in them; Oftentimes in the forwardneſs and impatience of my ſpirit I have been injurious by them to God and Man. I have been negligent and careleſs in my actions, living in liberty, and breaking too frequently the Commandments of Almighty God.

I. Whom I have not alwaies ſet before mine eyes, nor ſtudied to know and ſeek him (as I ought) above all things; and knowing him, yet I have not acknowledged him,

in

in reverencing his Power and Majesty as I should.

Yea I have sometimes Doubted of him, misbelieving his promises, and not trusting to his Help. I have made Flesh my arm, and put my confidence in the pleasing Vanities and uncertain Prosperities of the World. I have otherwhile been full of roving and unlawfull imaginations concerning God, and full of wandring thoughts in his Service.

II. I have often framed and set up to my self

ſelf divers Imaginations and Formes of God's Worſhip and Religion which he hath not ſet and eſtabliſhed in his Church.

I have been negligent in giving him his External Worſhip and Honour, not falling down before him with that inward reverence of Spirit and Truth, nor with that outward Order and Humility of my Body which is requiſite alwaies to be ſhewed forth and done before him.

III. I have often drawn

near

near unto him with my lips, when my heart hath been far from him. I have too frequently vainly & inconsiderably used his great and fearful Name, and in the eagerness of my spirit I have not abstained from abusing it with rash Oathes and Execrations. My vows and promises that I have made in his Name, I have not performed: Those Holy things whereon his sacred Name is set and imprinted, I have not duly regarded, and through my presumptuous vani-

ties I have been an occasion to make his Name be evil spoken of and prophaned by others.

IV. I have often absented my self from the publick Worship and Service of his Holy Assemblies & Sanctuary, vainly misspending the daies that are hallowed to the Honour of his great Name.

V. I have not carried that reverence and regard, nor given that due obedience which I ought to them whom God hath placed over me, seeking rather my own will and pleasure,

pleaſure, then ſubmitting my ſelf to their lawful precepts, and advice. I have too much unregarded the perſons of my betters, & been unthankful to them that have deſerved well of me.

VI. I have not done to all others as I would that they ſhould do to me; I have envied their welfare, the better and more proſperous life of others above my own. I have often let the reins of my paſsion looſe to anger, malice and revenge, uncharitably de-

lighting in the mischief and destruction of my own private or peculiar Enemies. When out of my Abundance I might have relieved others that were in Want, I have many times neglected it.

VII. I have often suffered my fancy and affections to wander licentiously: I have not held mine Eyes, nor mine Ears nor my Tongue from vanity: I have not carefully eschewed the occasions and enticements to corrupt and vain affections. I have not preserv-

ed

ed my Body in that Holineſs, Honour and purity, which becometh the Temple of God.

VIII. I have not reckoned Godlineſs to be my Greateſt Gain, nor been content with that which I have.

IX. I have liſtened to Flattery, and uſed it towards others: Of many I have had evil ſuſpicions, and given raſh judgment upon them. Upon my ſelf I have ſet a greater value than I deſerved, and ſeemed better than I was, that I might gain a

false reputation from others. And I have often suffered Truth to be gainsaid.

X. I am guilty of many inordinate desires and irregulate affections.

And wo is me that in all these things I have offended: For if in all these things my Heart should not condemn me, God is greater than my Heart, and knoweth all things. But I confess them, and confessing am sorry for them, and being sorry for them am ready to leave them, his

Grace

Grace thereunto aſsiſting me: and not only to leave them, but to judge my ſelf for them: with all religious lowlineſs and alacrity ſubmitting my ſelf freely to the pious directions and advice that ſhall be given me by my Spiritual Governours & Miniſters of God, for ſhewing forth the fruits of my ſorrow and repentance, meet for amendment of life. And though I be altogether unworthy, yet for the Worth and Merits of my Saviour, in whoſe Merits and

Mercy I put my whole Trust and confidence, being (as he is) the Propitiation not only for my sins, but for all the sins of the World, I most humbly crave Pardon and Absolution from them, and from all my other sins which I may have now forgotten, and whereof my Conscience may be afraid.

# MEDITATIONS,

AND

# PRAIERS

At the Holy

# COMMUNION,

Referring to

I. PURITY.
II. FAITH.
III CHARITY.

## I.

### *Puritie.*

I Will wash my hands in Innocency, O Lord, and so will I goe to thine Altar: I will come into thine House in the multitude of thy mercies, & in thy fear will I worship thee toward thy Holy Foot-stool. For Christ our Passeover is offered; Let us therfore keep the Feast, not with the leven of malice and wickedness, but with the unlevened Bread of Sincerity and Truth.

*The Praier.*

O Lord, cleanſe the thoughts of my heart by the Inſpiration of thy Holy Spirit, that my Body may be made clean by the pure Body of my Saviour *Jeſus* Chriſt once offered upon the Croſs, and that my Soul may be waſhed by His moſt precious Bloud there ſhed for me, and that He may abide with me for ever. *Amen.*

## II.

### *Faith.*

I believe; Lord, Help mine unbelief.

I Believe that God our heavenly Father did of his tender mercy give his only Son *Jesus* Christ to suffer death upon the Cross for the Redemption of the World: I believe that he made there, by the Oblation of himself once offered, a perfect Sacrifice and Satisfaction for our Sins. I believe that this Sacrament was ordained for the continual remembrance

of

of that his Death and Sacrifice, and for the benefits we all receive by it. I believe that I ſhall here partake of the Spiritual Food and moſt precious Body and Bloud of Chriſt, The Bread of Life that came down from Heaven, The Blood that hath been carried up into the Holy places, and the Cup of Eternity: For they that eat of this Bread, and drink of this Cup, ſhall live for ever.

*The Prayer.*

O My God, what are we, that thou ſo regardeſt

regardeſt us, to give thy ſelf for us, to give thy ſelf to us, to be one with us, that we may have life in us, even life immortal, which will quicken us, and raiſe us up at the laſt day? O my Lord, I am not worthy, not worthy the Leaſt of thy Mercies; how much leſs of this, which is the Greateſt, greater than the World, greater than the Heavens, greater than all the Treaſures of Heaven & Earth; but I beſeech Thee look upon me in the Greatneſs of thy Mercies,

Mercies, not weighing my Merits, but pardoning mine Offences.

*Amen.*

## III.

### *Charity.*

THis is a Sacrament of Love; and this is thy Commandment, that we ſhould love one another even as Thou haſt loved us: For we being many are one body, whereof Chriſt our Lord is the Head.

### *The Prayer.*

O Thou Bleſſed and Undivided Trinity, which teacheſt us that all our

our doings without Love and Unity are nothing worth, ſend into all our hearts that moſt excellent gift of Charity, & inflame our Souls with the Celeſtial fire of thy love, that living together in unity of Spirit and the Bond of Peace among our ſelves, we may perfectly love Thee, and worthily magnifie thy Holy Name, through Chriſt our Lord. *Amen*.

## A Litany
### *Privately to be used before the Receiving of the Holy Communion.*

O God the Father, God the Son and God the Holy Ghost, God the most Holy, Blessed, and Glorious Trinity,

*Have mercy upon me.*

O Thou immaculate Lamb of God, who takest away the sins of the World,

*Have mercy upon me.*

O Christ the Eternal Son of the Father, the Redeemer and Preserver of Men, the Bread and Life of

of the World the Author and finisher of our Faith, the Great Mystery of Godliness, the Word that was made Flesh, to save thy Servants from their Sins,

*Have mercy upon me.*

Save me O God, for I come unto Thee in the multitude of thy Mercies, and in thy Fear will I fall down and worship Thee in thy Holy Temple, that Thou maist

*Have mercy upon me.*

Call to remembrance, O Lord, thy tender Mercies, and thy loving kindness

kindneſs which hath been ever of old: O remember not the Sins and Frailties of thy Servant, but Spare me, O Lord, Spare me for thy Goodneſs, and

*Have mercy upon me.*

From my unworthineſs to receive thy bleſſed Body and Bloud, by which thou haſt redeemed me; from all carnal, vaine and earthly Imaginations in this thy Holy Sacrament; from all misbelief and Incredulity of thy Word; from all defects of Sanctity, Love,

and

and Charity; from all my Sins and Iniquities,
*Good Lord, deliver me.*

By that fervent ardor of Goodneſs and Charity wherewith thou cameſt down from Heaven; by thy bleſſed Croſs and Paſsion; and by the myſterious Inſtitution of this thy Holy Sacrament,
*Good Lord, deliver me.*

By thy moſt ſacred Body which was broken and crucified, by thy moſt precious Bloud which was ſhed and poured forth for the Sins of the World,
*Good Lord, deliver me.* O

O Lord God, I beſeech thee to hear me, and that it may pleaſe thee to give us all true Faith and Repentance, with devout Humility & Reverence, rightly and duly to celebrate this thy Holy Sacrament, in memory of thy moſt hallowed, true and propitiatory Sacrifice, with a firm Faith to receive thy bleſſed Myſteries, & to give thanks unto thy Name.

*O Lord, I beſeech thee to hear me.*

That it may pleaſe thee to accept this our boun-

den duty and ſervice, our Sacriſice of Praiſe and Thanksgiving, the Memorial that we now make of thine own Death and Sacrifice, which was once offered for us, and to grant that by the merits and power thereof we and all thy Servants may receive remiſsion of our Sins, and be filled with thy Grace & heavenly Benediction.

*O Lord, I beſeech thee to hear me.*

O Lord God, Lamb of God, Son of the Father, thou that takeſt away the

the Sins of the World,
*Receive my Praier.*

*When you are ready to receive the Holy Sacrament in each kind, do it with the greateſt reverence & devtion that you may, (yet without all affectation & ſingularity) lifting up your hands and your heart to God:*

*And after you have received, lift up your hands again, and ſay devoutly with your ſelf, whiles others receive,*

I.

BLeſſed art thou, O Lord: Bleſsing and Honour

Honour and Glory be unto thee, O thou Lamb of God, for evermore.

*Amen.*

II.

This is the Lord's doing, and it is marvellous in our eyes.

III.

I will magnifie thee, O Lord, and will praise thy Name for ever and ever.

IV.

All thy works praise thee, O Lord, and thy Saints give thanks unto thee.

V.

Happy are those Servants

vants whom when their Lord cometh he ſhall find thus doing.

VI.

Salvation and Bleſsing, and Honour, be unto Him that ſitteth upon the Throne of Heaven, now and for ever. *Amen.*

A *Thanksgiving* after the Holy *Communion.*

BLeſſed art thou O Lord God, and bleſſed be thy Holy Name for ever, who haſt now vouchſafed to feed me with the Bread of Life, and haſt given me to

drink the Cup of Eternitie, the holy and heavenlie Mysteries of the Body and Bloud of my Saviour, thereby assuring my Soul of thy favour and goodnes towards me, for the sealing of my Faith, for the Pardon of my Sins, for the obtaining of my Peace, and all other Benefits of Christ's blessed Passion.

I now most humbly beseech Thee to assist me with thy Heavenly Grace, that I may continue thine for ever, and be made a Temple of thy Holy

Holy Spirit; and that having now Christ dwelling in me by Faith, I may accomplish the rest of my life in Repentance and Godly Fear, in Mortifying my own sinful desires, and in keeping thy Holy Commandments. For which end guide me with thy Power, inlighten me with thy Word, & quicken me with thy Spirit. Elevate my Senses, compose my manners, and order my conversation aright; for thou art able to do abundantly

above all that I can ask or think: by which thy great and bountiful goodneſs towards me Thou wilt glorifie thy Name in me, and bring me at laſt to thine eternal Kingdom of Glory, through him who is the King of Glory, my Bleſſed Lord and Saviour *Jeſus Chriſt.* *Amen.*

Heb. 13. THe God of Peace who brought again from the Dead our Lord *Jeſus* Chriſt, the Great Shepherd of his Flock, through the Bloud of his everlaſting

everlaſting Teſtament, make me perfect in every good work to do his Will, and that which is well pleaſing in his ſight, through the ſame *Jeſus* Chriſt our Lord, to whom with the Father and the Holy Ghoſt be Glory for ever. *Amen.*

BRITISH MUSEUM

# PRAIERS

## UPON SUNDRY OCCASIONS.

## Praiers
### *When you are upon a Journey.*

I.

THe Almighty Lord be now and evermore my defence, to bleſs me and preſerve me from all evil in my going out, and my coming in, and give his Angels charge over me to keep me in all my waies.

II.

IF God will be with me and keep me in this way that I go, ſo that I come to my home in Peace; then ſhall I give

Thanks, and pay my Vows unto him.

III.

O God, who knoweſt us to be ſet in the midſt of many dangers, grant that by thy mighty aid I may be defended from all things that may hurt me either in Body or Soul, through Chriſt our Lord. *Amen.*

IV.

Diſpoſe and Govern the way of thy Servant, O Lord, and further me with thy gracious and continual Help, that in all my doings begun,

gun, continued, and ended in Thee, I may glorifie thy holy Name, and keep my ſelf by thy moſt mighty protection in the waies of thy Laws, and the paths of thy Commandments, for the attainment of everlaſting reſt and peace in thy heavenly Kingdom, through Chriſt our Lord. *Amen.*

V.

SHew me thy waies, O Lord, and teach me thy Paths; for I lift up my Soul unto thee. Lead me forth in thy truth & learn me; for thou art the

God of my Salvation: in Thee hath been my hope all the day long.

*Amen.*

## Praiers
### *In the time of any Sudden danger or distress.*

I.

ALmighty and everlasting God, mercifully look upon me, and in this time of Danger and necessity stretch forth thine hand to succour and defend me, through Christ our Lord

*Amen.*

II.

THe Almighty Lord, who is a strong Tow-

er of Defence againſt all the Perils, Aſſaults, and Tribulations of this world, be now and evermore my Aid and Protector, through *Jeſus* Chriſt our bleſſed Lord and Saviour. *Amen.*

III.

FRom Lightning and Tempeſt, from all Evil and Miſchief, and from ſudden Death, | *Good Lord deliver me,*

## Praiers
### *In the time of Sickneſs and affliction.*

I.

SAve me, O King of Heaven, and hear me when I call upon thee, for I am in affliction and heavineſs. Thou art a defence for the oppreſſed, and a refuge in the needful time of trouble: look down from Heaven and viſit me with thy Salvation.

II.

I Know that it is thy hand, and that thou, Lord, haſt done it, and thy doings are alwaies juſt;

juſt: but thou art alſo good and gracious, and of great mercy to them that call upon thee: Thou upholdeſt all them that are fallen, and lifteſt up thoſe that be down.

III.

I Know that of very faithfulneſs thou haſt cauſed me to be troubled, that I might call upon thy Name.

IV.

AND now, Lord, what is my hope? Truly my hope is even in Thee: For thou art the hope of all the ends of the Earth,

Earth, the aid of all that need, the help of all that fly to thee for Succour, O turn thee unto me, & ſhew me the light of thy Countenance, that I may be made whole, and give thanks unto thy Name.

V.

O God, favourably with mercy hear my Praiers, and grant that all thoſe things which I ſuffer for my ſins, I may well paſs and overcome, by thy moſt gracious and ready help, through Chriſt our Lord. *Amen.*

VI.

VI.

O Do well unto thy ſervant, that I may live and keep thy Commandments.

VII.

MErcifully, O Lord, look upon mine Infirmity, and for the glory of thy Name, turn from me all thoſe Evill's that I moſt righteouſly have deſerved; and grant that in all my troubles I may put my whole truſt and confidence in thy mercy, and evermore ſerve thee in holineſs & pureneſs of living, to thy honour

honuor and glory, through our only Mediator and Advocate, *Jeſus* Chriſt our Lord. *Amen.*

## Meditations
### *In the time of Sickneſs upon the great mercies of God.*

I.

WHen we are judged, we are chaſtened of the Lord, that we may not be condemned with the world.

II.

REfuſe not the correction of the Almighty: It is the Lord, let him do what ſeems good in his own eyes.

III.

III.

AS it pleaſeth the Lord, ſo cometh every thing to paſs: Bleſſed be the Name of the Lord.

IV.

GOd is the Lord of Life and Death, of ſickneſs and of health, by whoſe appointment we were born, and by whoſe commandment again we muſt die; our time is in his hand, and to him belong the iſſues of Death.

V.

GOd is meek and gentle, ready to accept our ſorrow and repentance for ſin.

VI.

VI.

HE is exceeding ſlow to anger, and not eaſily provoked; he ſeeth our ſins, and makes as if he ſaw them not, he many times overlooketh them, and by his long ſuffering paſſeth them by as loath to ſee them.

VII.

WHen he cannot but ſee, yet he forbears, and is patient; Forbears long, ſuffers long, many times, many years.

VIII.

WHen he can ſuffer and ſtay no longer but

but puniſh he muſt, he doth it againſt his Will; and when he is angry, he containeth himſelf in it, and ſuffereth not his whole diſpleaſure to ariſe.

IX.

HE is angry, but not according to our deſerts, nothing ſo much: He is angry, but not long, it indures but a little while, and in his wrath he thinketh upon mercy, he thinks every ſtripe two, and is quickly wearry; he repents him of the evil, and is ſoon appeaſed.

X.

X.

HE will have none to periſh, but have all to be ſaved; he willeth not the death of a ſinner but that he ſhould repent and live.

XI.

NOt of any ſinner, not of *Manaſſes*, not of *Rahab*, not of *Mary Magdalen*, not of Saint *Paul*, who was once a chief ſinner.

XII.

FOr Chriſt came into the World to ſave ſinners, and of them that come unto him he caſteth none out.

*A thanks-giving after Recovery from Sickneſs.*

I.

O Lord, thou haſt dealt graciouſly with thy ſervant, according to thy great Goodneſs and Mercy. Before I was troubled I went aſtray; but now I will take heed to my waies, that I ſwerve not from thy precepts. It is good for me that I have been in trouble, that I may learn to obey thy Commandments.

II.

RIghteous art thou, O Lord, and true are thy Judgments. Trouble and heavineſs have taken hold upon me, but my ſure Truſt hath been in thy Mercy. O

le

let my Soul live, and it ſhall praiſe Thee, and thy Judgments ſhall help me.

III.

I Will alwaies give thanks unto the Lord, his Praiſe ſhall ever be in my mouth. O Lord my God, I cried unto Thee, and thou haſt healed me: Thou haſt turned my heavineſs into joy, and girded me with gladneſs; therefore will I ſing of thy Praiſe without ceaſing, and give thanks unto Thee for ever.

IV.

I Sought the Lord, and he heard me, and delivered me out of all my trouble: for the Angel of the Lord tarrieth round about them that fear him, and delivereth them.

them. The eyes of the Lord are over the righteous, and his Ears are open unto their Praiers.

V.

WHat reward shall I give unto the Lord for all the benefits that he hath done unto me? I will take the Cup of Salvation, and call upon the Name of the Lord. I will offer to Thee the Sacrifice of thanks-giving, evermore praising Thee, and saying, O Holy Lord God Almighty, Thou art worthy, O Lord, to receive Honour, and Glory, and Power, for thou hast created all things, and for thy Will's sake they are and were created.

VI.

VI.

BLeſſing, and Honour, and Glory, and Thanksgiving, and Power, and Might, be unto the Lord our God for ever and ever.

AMEN.

THE END.

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